



# Wethersfield Senior Center News

[www.wethersfieldct.gov/senior-center](http://www.wethersfieldct.gov/senior-center)

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## OCTOBER

## HEALTH SERVICES & COMMUNITY PROGRAMS

### WETHERSFIELD SENIOR CENTER EXERCISE CLASSES

SEE PAGE 2 FOR MORE INFORMATION

### CCHD DRIVE-THRU FLU CLINIC

**WEDNESDAY, OCTOBER 14, 2PM-6PM and THURSDAY, OCTOBER 15, 9AM-1PM**

The Central Connecticut Health District (CCHD) encourages all Connecticut residents to get their annual flu shot. Due to Covid-19 concerns, CCHD will be hosting DRIVE THRU flu clinics during the month of October. Please bring your insurance card (and, if possible, a photo copy of card) to receive your vaccination at no cost to you. The cost if not covered by insurance is \$25; however, no one will be denied vaccination for inability to pay. For more information on clinic dates, times, and locations, please visit [cchd.org/flu-clinics](http://cchd.org/flu-clinics).

### HARTFORD HOSPITAL'S DIGITAL MOBILE MAMMOGRAPHY VAN

HAS BEEN POSTPONED TO TUESDAY, JANUARY 5<sup>TH</sup>

### HEARING SCREENINGS

**MONDAY, OCTOBER 26 BY APPOINTMENT ONLY**

Please call Amy for more information and to schedule an appointment 860-721-2979.

### MULTI-GENERATIONAL COMMUNITY PEN PALS!

Grow the community you know, connect with others in the community! **Take a moment to write a letter, email, or chat on the phone to a youth** and get to know your neighbor. A wonderful new program to connect the generations! Register to become a Pen Pal today! Call Amy at 860-721-2979.

Sponsored by the Wethersfield Parks and Recreation Department and Social & Youth Services Department.

### WETHERSFIELD SOCIAL JUSTICE COALITION:

The Wethersfield Social Justice Coalition invites you to a series of online, interactive discussions about the Social Justice Coalition (SJC) and topics related to equity, diversity, race and cultural responsiveness. The first meeting is an informational meeting. Those who wish to join the SJC will be asked to attend all the workshops listed, along with the commitment of attending at least one meeting each month and the obligation of being an active and long term member of the SJC. Membership to the SJC is open to Wethersfield residents (including students) and business representatives.

For meeting dates & registration questions, please contact Jennifer LeBrun at [lebrun@ctserc.org](mailto:lebrun@ctserc.org).

**FREE LEGAL CONSULTATION** — Wednesday, October 14 10:30AM-12 PM; BY APPOINTMENT ONLY  
Atty. Joan Wilson from Wilson, Pinder & Snow LLC offers free half-hour consultations to SENIOR CENTER MEMBERS on legal matters including estate planning, elder law and probate issues. Call 860-721-2979 for appt.



# Exercise Classes

***All Fall classes are being held remotely via Zoom.***

To register for any of the following exercise classes, please visit:  
[www.wethersfieldct.gov/recreation](http://www.wethersfieldct.gov/recreation) or call Parks & Recreation at 860-721-2890



## **CHAIR YOGA:**

**MONDAYS, 11:00-11:50AM - (9/28-11/16) \$32**

**THURSDAYS, 2:00-2:50PM - (10/1-11/19) \$32**

Learn yoga basics using a program that adapts easily to any fitness level. All movements can be done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation.

## **BELLY DANCE: WEDNESDAYS, 2-3PM - (9/30-11/18) \$32**

Have fun, stay fit and enjoy a renewed sense of confidence!  
 Learn easy steps with modifications for all abilities.



## **EASY DANCING FOR FUN: FRIDAYS, 11-11:50AM - (10/2-11/20) \$32**

Exercise should be fun, and this class will demonstrate that having fun and exercise are one in the same! Dances are simple & easy to follow... no memorizing steps or dance moves. Enjoy upbeat music and a great workout!

## **QIGONG: SIMPLES MOVES FOR BETTER HEALTH: TUESDAYS, 1-2PM - (9/29-11/17) \$32**

*Experience the benefits of movement, meditation and mindfulness.* Qigong integrates body posture, movement, coordinated breathing and meditation. Its low-impact exercises are designed to boost energy and increase balance, flexibility, mobility, and relaxation. Can be adapted for all fitness levels.

## **T'AI CHI: FLOWING MOVEMENT FOR BETTER BALANCE:**

**WEDNESDAYS, 10:30AM-11:30AM - (9/30-11/18) \$32**

T'ai chi, a mind-body practice, focuses on building strength and improving balance & flexibility through slow, fluid movement. Described as meditation in motion. Learn T'ai Chi form (Chen Style) movements, agility exercises, and several Qigong forms designed to invigorate and strengthen. Adaptable for all fitness levels.



**SILVER SNEAKERS CLASSES:** FREE! Wonderful workouts for all ages!

**STRENGTH & BALANCE: TUESDAYS&THURSDAYS: 11-11:45AM**

**STABILITY: FRIDAYS; 9AM-9:45AM**





## At Home

Log in to **FREE Remote Workshops!** No access to technology? Many programs can be accessed by phone!

**REGISTRATION REQUIRED FOR ALL REMOTE PROGRAMMING:**

CONTACT AMY MILLER at [amy.miller@wethersfieldct.gov](mailto:amy.miller@wethersfieldct.gov) or call 860-721-2979

### **HISTORICAL HARTFORD DEPARTMENT STORES: THURSDAY, OCTOBER 8 AT 1:00PM**

Explore the buildings of Wise-Smith; the Cheney building, Sage-Allen, and the various homes of G. Fox in downtown! **\*\*Please email [Lisa.hanse@westhartfordct.gov](mailto:Lisa.hanse@westhartfordct.gov) for link**

### **FROM OPERA TO BROADWAY: TRIALS, TRIBULATIONS & TRIUMPHS**

**SUNDAY, OCTOBER 11 AT 1:00PM**

This presentation highlights some of Irving Berlin's greatest contributions to American music.

**\*\*Please email [Lisa.hanse@westhartfordct.gov](mailto:Lisa.hanse@westhartfordct.gov) for link**

### **BOB STEELE ON THE RADIO: "THE LIFE OF CONNECTICUT'S BELOVED BROADCASTER"**

**MONDAY, OCTOBER 12 AT 1:00 PM** *Presented by Connecticut author, Paul Hensler*

Author of the first ever biography on Bob Steele, beloved broadcaster, radio voice of Southern New England will be here to share history, home-life and award-winning career of this Connecticut media legend.

### **EVERY VOTE COUNTS-EVERY VOTER'S SAFETY SHOULD COUNT TOO!**

**FRIDAY, OCTOBER 16 AT 1:00PM**

*Sponsored by AARP:* Join the conversation to learn about ensuring your vote counts! Learn about voting safely by mail or in person, as well as some of AARP's issues for candidates.

**\*\*Registration required: <https://aarp.cvent.com/Oct16Vote>**

### **GETTING STARTED WITH STREAMING TV: MONDAY, OCTOBER 19 AT 1:30PM**

Looking for an alternative to traditional cable or dish television services? Have you heard of Roku, Apple TV or Amazon Fire TV, but not quite sure about these alternative entertainment devices? Maybe you have heard of Netflix, Hulu or Amazon Prime video, but don't know much about "streaming media?" Join us on Zoom to learn if these newer and alternative entertainment options are right for you and how to get started using them!

### **FROM OPERA TO BROADWAY: TRIALS, TRIBULATIONS & TRIUMPHS**

**SUNDAY, OCTOBER 25 AT 1:00PM**

Alan Mann, artistic director of Opera theater of Connecticut, will share witty insights and knowledge of the "human" side of opera. Alan brings to life his most memorable experiences, which can happen only in live theatre!

### **LETTING GO OF ANGER & FINDING FORGIVENESS**

**WEDNESDAY, OCTOBER 28 AT 10:30AM** *Presented by Diane Lang: Therapist, Educator, Life Coach*

### **POSITIVE SELF TALK**

**WEDNESDAY, OCTOBER 28 AT 6:30PM** *Presented by Diane Lang: Therapist, Educator, Life Coach*

### **VIRTUAL MUSICAL TRIP & GRAB & GO: WEDNESDAY, NOVEMBER 18 AT 1:30PM**

**'60s Satisfaction and Grab & Go** Psychedelic, Bubblegum & Motown Favorites! An afternoon of music and fun! *Sponsored by Arden Courts:* **Please RSVP by November 9** to register and reserve your treat!

## **WETHERSFIELD SOCIAL & YOUTH SERVICES (860) 721-2977**

If you are experiencing FINANCIAL DIFFICULTY & seeking information regarding ACCESS TO FOOD, MEETING YOUR BASIC NEEDS, or have questions regarding ENERGY ASSISTANCE, RENTERS REBATE, MEDICARE OPEN ENROLLMENT or TRANSPORTATION to medical appointments, please contact Chris Taylor, Elderly Services Coordinator at (860) 721-2884 or email [chris.taylor@wethersfieldct.gov](mailto:chris.taylor@wethersfieldct.gov)

*In order to keep our residents and staff safe, we are currently not conducting in-person appointments, but will be glad to assist you by offering phone appointments with a Social Services staff member by calling 860-721-2977.*

## **WETHERSFIELD COMPUTER LEARNING CENTER**

For more information or to scheduled 1:1 instruction or register for any of the WCLC classes please call Amy at 860-71721-2979 or email [amy.miller@wethersfieldct.gov](mailto:amy.miller@wethersfieldct.gov)

### **DO YOU WANT TO ZOOM?!**

#### **Easily access Remote Classes, Meetings & Social Interactions with VIDEO CONFERENCING**

Much of the Senior Center's programming is now done remotely during this time of social distancing. If you have a computer, laptop, smart phone or iPad/tablet, you can easily join in the fun, stay busy at home, and connected to your friends and family! **It's easier than you think!**

The Wethersfield Computer Learning Center offers **FREE** one on one, remote tutoring. Learn how to use the most popular videoconferencing platforms: Zoom, Google Meet and GoToMeeting, to name a few. Volunteers are available to call you and explain, access and use the technology.

### **ON ONE TECHNOLOGY INSTRUCTION**

The WCLC offers individual **instruction on iPhones, iPads, Android phones, Android notebooks and tablets.**

- \* Sessions are based on your individual needs and questions.
- \* Volunteers are available to assist you remotely via phone and through videoconferencing applications or schedule a socially distant one on one tutoring session
- \* Sessions are up to one hour.
- \* Zoom meetings are **FREE** of charge at this time. In-person sessions are \$10. Donations to WCLC are always welcomed.

### **WCLC TECH CLASSES**

**OCTOBER PHOTO CLASSES SCHEDULED FOR 10/6, 10/13, AND 10/20  
HAVE BEEN CANCELLED & WILL BE RESCHEDULED AT A LATER DATE**

#### **UPCOMING NOVEMBER CLASSES – TUESDAYS AT 1:00PM:**

**NOVEMBER 3: INTRO PHOTOS ON THE iPHONE**

**NOVEMBER 10: EDIT PHOTOS ON THE iPHONE**

**NOVEMBER 17: SHARE PHOTOS ON THE iPHONE**

**NOVEMBER 19: WINDOWS 10 & INTERNET SECURITY**



## **HEALTH & SERVICES ONLINE RESOURCES**

**CONNECTICUT RESOURCES:** [www.211ct.org](http://www.211ct.org).

Multitude of resources including a page dedicated to services for older adults

**UR COMMUNITY CARES:** <https://urcommunitycares.org/>

A free online platform to connect residents in need of at-home support with local Volunteers.

**FOODSHARE** [www.foodshare.org](http://www.foodshare.org)

**NATIONAL INSTITUTE ON AGING:** <https://www.nia.nih.gov/>

**AGENCY ON AGING:** <https://www.aoascc.org/>

Great resources for older adults: Health A-Z, physical activity, smart eating, mental health...

## **SENIOR CENTER ANNUAL MEMBERSHIP**

**RESIDENT \$5 NON-RESIDENT \$7**

**RENEW YOUR MEMBERSHIP BY MAIL:**

**30 GREENFIELD STREET, WETHERSFIELD, CT 06106**

or email: [amy.miller@wethersfieldct.gov](mailto:amy.miller@wethersfieldct.gov)